



Your Test Valley

Health & Wellbeing Action Plan

2009 - 2011



Test Valley
PARTNERSHIP

Introduction – Health & Wellbeing Action Group Plan

Our aim:

“Is to promote and improve the physical, mental and social health and well-being of residents in Test Valley – Test Valley Partnership Community Plan, January 2008

The outcomes we will achieve:

- Healthier lifestyles which mean that people stay healthier longer
- A healthy start in life for children and young people
- Improved health and life expectancy for people in the most deprived wards of Test Valley
- Access to information and advice to improve the health and well-being of local people

To achieve our outcomes, our Joint Areas of Focus for 2009/11 are:

JAF 1	Domestic Abuse
JAF 2 JAF 3	Alcohol Anti Social Behaviour
JAF 5	Reduce the number of young people entering the criminal justice system
JAF 6	Raising the Educational Attainment of Children and Young People in targets areas of Test Valley
JAF 8	Major Development Areas in Test Valley
JAF 9	Reducing Obesity in Test Valley
JAF 10	Reducing the rising trend of Teenage Pregnancy in Test Valley
JAF 11 JAF 14	Reducing Health Inequalities in targeted areas of Test Valley and amongst vulnerable groups Identify innovative solutions so that vulnerable and isolated groups can access key services

To achieve progress against our outcomes, partners through the Test Valley Partnership have identified a number of “Joint Areas of Focus” (JAF). A Joint Area of Focus is created by agreeing what are the current barriers in Test Valley which are stopping us from achieving the outcomes in the community plan. The Joint Areas of Focus are about issues currently affecting the area and are those that require a partnership approach in the short to medium term.

Public Health Priorities

The JAFs contribute to the delivery of the public health priorities, which are:

- Inequalities
- Smoking
- Obesity
- Mental Health
- Alcohol Misuse
- Sexual Health

JAF 1: Domestic Abuse

Whatever form it takes, domestic abuse is rarely a one off incident. More usually it is a pattern of abusive and controlling behaviour through which the abuser seeks power over their victim. Domestic abuse occurs across society, regardless of age, gender, race, sexuality, wealth and geography. The figures show, however that it consists mainly of violence by men against women.

Victims of domestic abuse suffer on many levels – health, housing, education – and lose the freedom to live their lives how they want, and without fear.

Domestic violence (DV) and rape are both historically highly underreported crimes.

Even with the high level of under-reporting, domestic abuse reporting in Test Valley increased by 8% compare to the previous 12 months. This means that domestic abuse increased by 101 cases from 1157 to 1258. We are encouraged that domestic abuse reporting has increased but are keen to see a reduction in repeat reports and where violence has occurred.

Objective of this priority:

- Support the work of the crime and disorder reduction partnership plan:

Commitment to Action:

- Distribute promotional material to increase the awareness of domestic abuse
- Work in partnership to develop early intervention strategies
- Work in partnership to develop a training programme to raise awareness of domestic abuse for frontline staff eg. Council workers, teachers, health workers, police, voluntary sector

JAF 1: Domestic Abuse			
Objectives for Priority	Commitment to action	Lead person/organisation	Performance
Support the work of the crime and disorder reduction partnership plan	<ul style="list-style-type: none"> • Distribute promotional material to increase the awareness of domestic abuse • Work in partnership to develop early intervention strategies • Work in partnership to develop a training programme to raise awareness of domestic abuse for frontline staff eg. Council workers, teachers, health workers, police, voluntary sector 	<p>H & W Group</p> <p>H & W Group</p> <p>H & W Group</p>	<p>Amount of information distributed?</p> <p>Training programme delivered?</p> <p>Strategies delivered?</p>

JAF 2: Alcohol

Alcohol is a cross cutting issue that runs through many of the community plan themes as it impacts on a number of public and voluntary sector services and can have a major effect on local communities. Tackling alcohol requires a multi agency approach in order to slow the rate of impact on individuals and communities.

Objectives for this priority:

- Support and continue to strengthen the Test Valley Alcohol project which brings partners together from a range of agencies to deliver joint preventative programmes.
- Develop campaigns to promote sensible drinking
- Develop and disseminate alcohol misuse advice in young people's settings

Commitment to action:

- Dissemination of Leaflets targeted at parents and young people and delivery of the drink awareness events in secondary schools in Test Valley.
- Issues of alcohol tackled through information, discussion and delivery of workshops with young people

We will measure success by:

Indicators of Success
NI 39: Rate of hospital admissions per 100,000 for alcohol related harm
NI 41: Perceptions of drunk and rowdy behaviour
NI 120: Improve the health and wellbeing of people in Hampshire and reduce inequalities between areas of Hampshire with high and low deprivation scores
Numbers of young people and parents reached as a result of targeted work
People trained in targeted areas to deliver advice and support

JAF : Alcohol			
Objectives for Priority	Commitment to action	Lead person / organisation	Performance
Support and continue to strengthen the Test Valley Alcohol project which brings partners together from a range of agencies to deliver joint preventative programmes.	<ul style="list-style-type: none"> Dissemination of Leaflets targeted at parents and young people and delivery of the drink awareness events in secondary schools in Test Valley. 	Alcohol Steering Group	January 2009 – Drink Aware leaflets produced March09 – Leaflets sent to parents of children caught drinking by police 5 parents evenings
Develop campaigns to promote sensible drinking	<ul style="list-style-type: none"> Issues of alcohol tackled through information, discussion and delivery of workshops with young people 		6 Theatre productions to be carried out in secondary schools with Yr 9 children
Develop and disseminate alcohol misuse advice in young people's settings			

JAF 3: Anti Social Behaviour

Criminal Damage is becoming a significant problem within Test Valley. The Test Valley Community Safety Strategic Assessment has identified that work with young people is crucial to reduce the current level of criminal damage and arson. Adults are also responsible for high levels of ASB.

JAF 5 : Reduce the number of young people entering the criminal justice system.

Reducing the number of young people entering the criminal justice system is a key target within the Hampshire Local Area Agreement (LAA). Young people are define as being part of the youth justice system when they are subject of reprimand, final warning or at a court disposal. The focus of work therefore is aimed at preventing young people reaching levels of intervention.

Objectives for these priorities (JAF 3 and 5)

Support the work of the CDRP plan by providing diversionary activities that both assist in the reduction of anti social behaviour and the number of young people entering the criminal justice system.

Commitment to action (JAF 3 and 5)

- Provide a range of diversionary activities for young people
- Provide targeted Youth work (HCC Youth activities)
- Apply for funds from Sport England to support an intergenerational project that will aim to increase participation in sport in rural areas

JAF 3: Anti Social Behaviour and JAF 5: Reduce YP in criminal justice system			
Objectives for priority	Commitment to action	Lead person/organisation	Performance
Support the work of the CDRP plan by providing activities to reduce anti social behaviour	Provide Divisionary Activities	TVBC – Sal Wright	Ace Project Youth Development
Support the work of the CDRP plan by providing activities to reduce the number of young people entering the criminal justice system	Rural Project (providing the opportunity to participate in sporting activities in rural settings) Targeted Youth work (HCC Youth activities)	Testway Housing – Dave Kane Partnership intergenerational rural project HCC/TVBC	Testway 7's Submission of bid to Sport England 30 th June

JAF 6: Raising the educational attainment of children and young people in targeted areas of Test Valley

There are clear links between the levels of educational attainment and its impact on wider social outcomes such as, health, crime and social cohesion. Raising the educational attainment of children and young people can therefore have a positive impact across many of the community plan themes.

Objectives for priorities

- Support the work of the Educational Action Group

Commitment to Action

- Provide opportunities that encourage participation and promote self esteem
- Provide vocational, leisure and recreational activities that provide opportunities for children and young people to experience success and make a positive contribution
- Raise educational attainment in the Alamein ward working through the Turnaround Project

JAF 6: Raising the educational attainment of children and young people in targeted areas of Test Valley			
Objectives for Priority	Commitment to Action	Lead person/ Organisation	Performance
Support the work of the Educational action Group	Provide opportunities that encourage participation and promote self esteem	CYPP Steering Group	Ace project Connexions Duke of Edinburgh award Targeted youth work YIR Youth council
	Provide vocational, leisure and recreational activities that provide opportunities for children & young people to experience success and make a positive contribution	TVBC Testway Housing -	ACE, Walking challenge, Hampshire Youth Games, Testway 7's
	Raise educational attainment in the Alamein ward through partnership working as part of the Turnaround project	Turnaround Steering Group	Adult Family Learning, Detach Youth Worker Askalot Shop

JAF 8: Coordinating the delivery of new neighbourhoods in Test Valley

The Borough is going to experience high levels of housing growth over the next 20 years with developments planned in and around both Andover and Romsey. The implications of these “new neighbourhoods” are significant not only in creating new communities but also in relation to existing ones. It is essential that partners consider the service delivery implications in relation to the new neighbourhoods across Test Valley, in order to ensure all residents receive appropriate and high quality services. It is also important to coordinate community development activity, to ensure integration between new and existing communities.

Over the next twelve months residents will begin moving in to East Anton, the first of the new neighbourhoods in Andover.

Commitment to Action

Over the next 12 months we will:

- Be involved in decisions around what and how Health and Wellbeing services and activities are provided in the new neighbourhoods (and particularly East Anton)
- Help build a sense of ‘community’ in the new neighbourhoods and develop links between new and existing communities

Objectives for this priority:

- Respond to recommendations and evidence made by the new neighbourhood Delivery Groups, in relation to Health And Wellbeing
- Contribute to community events and activities that build links between new and existing communities.

We will measure success by:

Indicators of Success
Perceptions of community satisfaction in new neighbourhoods
Recommendations responded to from Delivery Group

JAF 9: Reducing Obesity in Test Valley

Obesity levels are rising and can reduce life expectancy on average by 9 years. The issues tend to be more prevalent in areas of deprivation and there is a rise in general of overweight and obesity levels in children. The challenge is to develop lifestyle change and take a multi agency approach in tackling this issue.

Objectives for this priority:

Over the next 12 months we will:

- Develop community food initiatives which promote healthy eating
- Develop a range of opportunities for people to participate in physical activity
- Develop healthy eating and physical activity initiatives within LPSA 2 target schools
- Support the Sport's and Physical Activity Alliance in delivering their action plan

Commitment to action:

- Delivery of the walking challenge initiative in schools
- Support the delivery of "Cook and Eat" project in target schools in Test Valley
- Support the delivery of extra curriculum physical activity in all TV schools
- Delivery of "Cook and Eat" in sheltered housing
- Delivery of the Healthwalks scheme
- Delivery of the key actions within the SPAA action plan
- Develop community informal exercise

We will measure success by:

Indicators of Success
NI 56: Tackle Childhood Obesity
NI 120: Improve the health and wellbeing of people in Hampshire and reduce inequalities between areas of Hampshire with high and low deprivation scores
F3: Number of adults doing 30 mins of activity five times a week
Number of schools achieving enhanced healthy school status
Number of initiatives developed within LPSA schools

JAF 9 : Reducing obesity in Test Valley			
Objectives for priority	Commitment to action	Lead person/ Organisation	Performance
Develop community food initiatives which promote healthy eating	<ul style="list-style-type: none"> • Delivery of “Cook and Eat” in sheltered housing 	Testway Housing – Doreen Thomas	Currently holding 2 hour cook & Eat sessions for 5 weeks at the Oval. AFL are funding the tutor and Testway are funding the venue. Residents will contribute £1 towards the cost.
Develop healthy eating and physical activity initiatives within LPSA 2 target schools	<ul style="list-style-type: none"> • Support the delivery of “Cook and Eat” in target schools in Test Valley 	TVBC – Louisa Rice	Training & sessions have taken place at Roman Way x 2, Norman Gate, Knights Enham x 3
Develop a range of opportunities for people to participate in physical activity	<ul style="list-style-type: none"> • Support the delivery of extra curriculum physical activity in all TV schools 	School sports partnership, Sports unlimited project (TV & School sports partnership), Testway 7’s	
	<ul style="list-style-type: none"> • Delivery of the health walks scheme 	TVBC – Eileen Munday	7 walks running across TV
	<ul style="list-style-type: none"> • Delivery of the walking challenge initiative in schools 	TVBC – Laura Blake	Schemes delivered in all Andover Schools, will start in Romsey Sept 09
	<ul style="list-style-type: none"> • Develop community informal 	Age Concern, Romsey – Anne	Extend

<p>Support the Sport's and Physical Activity Alliance in delivering their action plan</p>	<p>exercise</p> <ul style="list-style-type: none"> • Delivery of the key actions within the SPAA action plan 	<p>Meader Armchair exercise in Andover Sheltered schemes</p> <p>Testway – Doreen Thomas</p> <p>SPAA Steering Group</p>	<p>Dance to keep fit – Woodley Village Hall</p> <p>Commencing 7th June armchair exercise in all Andover sheltered schemes. Classes will run for 7 weeks</p>
---	---	--	--

JAF 10: Reducing the Rising Trend of Teenage Pregnancy

Teenage pregnancy is an important health issue that can often be associated with adverse social consequences linked to possibilities of social exclusion, disadvantage and deprivation. Tackling teenage pregnancy requires a multi agency approach which not only looks at the delivery of health services but some of the wider community issues facing local people as well.

Objectives for this priority:

Over the next 12 months we will:

- Increase the availability of advice and contraception services for young people
- Support the delivery of the Teenage Pregnancy partnership in Test Valley
- Work pro actively with Education Action Group to tackle joint issues (JAF 6)

Commitment to action:

- Ensure Romsey clinic is fully utilised
- Develop plans for a sexual health clinic in Andover College
- Support Get it on Condom Scheme
- Provide free pregnancy testing in community settings and increase distribution centres
- Ensure Condoms are available from a variety of settings
- Promote and support the Sexual Health Drop-in Clinic at Winton School
- Increase access and awareness of the Chlamydia screening programme for young people under 25 by developing initiatives to promote positive sexual health.

We will measure success by:

Indicators of success
NI 112: Reduce the number of teenage pregnancies
Levels of take up of services
Local target???

JAF 10 : Reducing the rising trend of teenage pregnancy			
Objectives for Priority	Commitment to action	Lead person/ Organisation	Performance
<p>Increase the availability of advice and contraception services for young people</p>	<ul style="list-style-type: none"> • Ensure Romsey clinic is fully utilised • Develop plans for a sexual health clinic in Andover College • Provide free pregnancy testing in community settings and increase distribution centres • Ensure Condoms are available from a variety of settings 	<p>Kate Donohoe NHS Hants, CASH Service</p> <p>Sue Gilbert & Jane Shelbourne –Burrows</p> <p>Kate Donohoe</p> <p>Kate Donohoe</p>	<p>Winton School Drop in, Youth in Romsey</p> <p>Winton School Youth in Romsey Youth Service</p>
	<ul style="list-style-type: none"> • Promote and support the sexual health drop in at Winton Schools 	<p>TVBC – Sal Wright HCC –Youth Service</p>	<p>Will be open every lunchtime starting Sept 09</p>
<p>Support the delivery of the Teenage Pregnancy partnership in Test Valley</p>	<ul style="list-style-type: none"> • Support Get it on Condom Scheme • Increase access and awareness of the Chlamydia Screening Programme for young people under 25 by developing initiatives to promote positive sexual health. 	<p>Kate Donohoe</p> <p>Kate Donohoe</p>	<p>Stands and testing in Romsey Rapids & Andover Leisure Centre throughout summer 09</p>

<p>Work pro actively with Education Action Group to tackle joint issues (JAF 6)</p>	<p>See JAF 6</p>	<p>Education Action Group</p>	
---	------------------	-------------------------------	--

JAF 11: Reducing Health Inequalities in targeted areas of Test Valley and amongst vulnerable groups

Reducing health inequalities in targeted areas and amongst vulnerable groups focuses around life expectancy rates, smoking, physical activity and accessibility to local services. Although these issues relate to health many of them require a partnership approach in order to tackle the wider issues facing these communities.

JAF 14: Identify innovative solutions so that vulnerable and isolated groups can access key services and facilities

Ensuring our more isolated communities and those that are vulnerable can access key services is essential to improving the quality of life for people in Test Valley. One of the key barriers to this is not having a range of transport solutions in place that can meet the needs of these communities. This is not necessarily looking for additional conventional transport provision but it is about understanding the needs of local communities and empowering them and the services they work with to identify innovative solutions which can overcome any transport barriers.

Objectives for this priority:

Over the next 12 months we will:

- Provide young people with information and advice on the damaging effects of smoking.
- Support pregnant women to quit smoking and provide support to smokers who want to quit
- Provide a range of activities and information that promotes positive wellbeing including supporting people with mental health problems to return to work
- Raise awareness amongst partners and provide help to those in need in order to tackle fuel poverty
- Provide support, information and develop initiatives that will contribute towards the health and wellbeing of older people
- Support the delivery of the health and wellbeing theme within the Turnaround Project
- Continue to promote and develop Sexual health services across Test Valley

Commitment to action

- Provide stop smoking services, raise awareness in youth and community settings, support “No smoking day” and provide venues for Quitters Sessions
- Develop the smoke free project as part of the Turnaround Project
- Extend the programmes of Community Informal exercise across Test Valley

- Sustain and develop the IT initiatives for the elderly to provide mental stimulation / access to services across Test Valley
- Work with employers to understand issues relating to mental health within the workplace and continue to support the Employment Programme for people with mental illness being run by MIND (Andover).
- Provide support for Young Carers through specialised provision
- Promote and support the Sexual Health Drop-in clinic at Winton School
- Increase access and awareness of the Chlamydia screening programme for young people under 25 by developing initiatives to promote positive sexual health in healthy living centres.
- Practice Based Commissioning to target access to sexual health facilities in both the South and the North of Test Valley for all ages to achieve 48 hour access to GP's and sexual health service.

We will measure success by:

Indicators of success
NI 123 16+ Current smoking rate prevalence
NI 112 Reduce the number of teenage pregnancies
NI 51 Improve mental and emotional health

JAF 11 : Reducing Health Inequalities in targeted areas of Test Valley and amongst vulnerable groups			
JAF 14: Identify innovative solutions so that vulnerable and isolated groups can access key services and facilities			
Objectives for priority	Commitment to action	Lead person/ Organisation	Performance
Provide young people with information and advice on the damaging effects of smoking.	<ul style="list-style-type: none"> Provide stop smoking services, raise awareness in youth and community settings, support “No smoking day” and provide venues for Quitters Sessions 	H & W Action Group	
Support pregnant women to quit smoking and provide support to smokers who want to quit	<ul style="list-style-type: none"> Quit 4 Life programme 	Laura Rothery	
Provide a range of activities and information that promotes positive wellbeing including supporting people with mental health problems to return to work	<ul style="list-style-type: none"> Extend the programmes of Community Informal exercise across Test Valley Work with employers to understand issues relating to mental health within the workplace and continue to support the Employment Programme for people with mental illness being run by MIND (Andover). Provide support for Young Carers through specialised provision. 	TVBC – Eileen Munday Debra Ramchun – MIND Andover	Healthwalks

<p>Raise awareness amongst partners and provide help to those in need in order to tackle fuel poverty</p>	<ul style="list-style-type: none"> • Deliver presentations to target groups & provide information at community events and through press coverage & media 	<p>TVBC – Louisa Rice</p>	<p>Autumn 09 – Flu jab clinics, electric blanket testing, energy saving week, press release, joint working to i/d people at risk with home improvement agency Ongoing – links to older peoples forums & trigger tool training</p>
<p>Provide support, information and develop initiatives that will contribute towards the health and wellbeing of older people</p>	<ul style="list-style-type: none"> • Sustain and develop the IT initiatives for the elderly to provide mental stimulation / access to services across Test Valley 	<p>Testway Housing – Doreen Thomas</p>	
<p>Support the delivery of the health and wellbeing theme within the Turnaround Project</p>	<ul style="list-style-type: none"> • Develop smokefree project • Promote and support the Sexual Health Drop-in clinic at Winton School 	<p>TVBC – Louisa Rice</p> <p>Hants Youth Service- Sue Gilbert, Sal Wright</p>	<p>Starts July 09</p> <p>Every lunch time starting Sept 09</p>
<p>Continue to promote and develop Sexual health services across Test Valley</p>	<ul style="list-style-type: none"> • Develop Health Walk in the Alamein ward • Increase access and awareness of the Chlamydia screening programme for young people under 25 by developing 	<p>TVBC – Eileen Munday</p> <p>H & W Group, CYPP Steering Group, NHS Hampshire- Kate Donohoe.</p>	<p>Testing throughout the summer at Romsey Rapids & Andover Leisure Centre</p>

	<p>initiatives to promote positive sexual health in community settings.</p> <ul style="list-style-type: none"> Practice Based Commissioning to target access to sexual health facilities in both the South and the North of Test Valley for all ages to achieve 48 hour access to GP's and sexual health service. 	<p>NHS Hampshire – Rob Carroll</p>	
--	--	------------------------------------	--